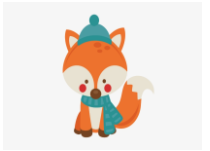




This Week at Sherwood Oaks - January 26, 2020 to February 1, 2020
The Audio Bulletin Board 8489



Sunday, Jan 26 Buffet Lunch/Dinner

- Bus to Local Churches - please see board and Channel 900 for times**
 10:30 am Quaker Meeting for Worship - Chapel
 1:30 pm Bus to Pittsburgh Symphony - Heinz Hall
 2:00 pm Chapel Service - Auditorium - Reverend Brian Janssen

Monday, Jan 27 Buffet Lunch/Dinner

- 8:15 am Bus to Passavant Cranberry
 9:30 am Bus to Costco/Barnes & Noble Walmart/Cranberry Mall Passavant Cranberry & Main Campus
 10:00 am Aquacize - Pool
 11:00 am Exercise Class - Cranberry Lake Fitness Center
 1:00 pm Painting Class - Novice or Pro - Art Room - Lower Level
 1:00 pm Bus to Shop 'n Save/CVS Passavant Cranberry & Main Campus
 7:00 pm Monday Night Bridge - Card Room
 7:00 pm Comedy Film - *Kathryn Upside Down* - (Not Rated) 1hr 33min - Auditorium

Tuesday, Jan 28 Buffet Lunch/Dinner

- 8:15 am Bus to Passavant Cranberry
 9:30 am Bus to VA Clinic in Cranberry Passavant Cranberry & Pittsburgh/Oakland
 10:00 am Tai Chi - Cranberry Lake Fitness Center
 1:40 pm Bus to VA Clinic Cranberry/Passavant
 3:00 pm Hand & Foot Canasta - Lobby

Wednesday, Jan 29 Buffet Lunch/Dinner

- Bus to UPMC Passavant Cranberry 8:15am - 9:30am - 11:45am - 2:00pm**
 10:00 am Men's Bible Study - Chapel
 11:00 am Exercise Class - Cranberry Lake Fitness Center
 12:00 pm Granny's Attic Annex - Patio Home #156
 1:00 pm Wednesday Bridge - Card Room
 1:00 pm PC, Laptop, Tablet, or Smartphone Help - **Conference Room**
 1:00 pm Complimentary Hearing Aid Service - Dr. Francis - Appointment Necessary



Wednesday (continued) Buffet Lunch/Dinner

- 1:30 pm Bell Choir Practice - Auditorium
 3:00 pm Chorus Rehearsal - Auditorium

Thursday Jan 30 Buffet Lunch/Dinner

**Sherwood Artscape
 1:30 to 3:30pm
 Auditorium/Card Room**



- 7:00 am Bus to Passavant Cranberry & Main
 9:30 am Bus to Cranberry Mall/Passavant Cranberry & Passavant Main
 10:00 am Aquacize - Pool
 11:00 am Yoga Class - Cranberry Lake Fitness
 1:00 pm Bus to Streets of Cranberry/Passavant Cranberry and Passavant Main
 1:15 pm Scrabble & Games - Lobby
 1:30 pm Duplicate Bridge CANCELLED
 3:00 pm Hand & Foot Canasta - Lobby

Friday, Jan 31 Buffet Lunch/Dinner

- Bus to UPMC Passavant Cranberry 7 am - 9:30 am - 1 pm**
 9:30 am Bus to Shop 'n Save/Passavant Cranberry & Passavant Main
 10:00 am Rosary - Chapel
 11:00 am Exercise Class - Cranberry Lake Fitness
 1:00 pm Bus to Costco/Barnes & Noble/Walmart Cranberry Mall/Passavant Cranberry/Passavant Main
 1:30 pm Tai Chi - Cranberry Lake Fitness Ctr.
 2:00 pm Sew and So - Fireplace Lobby

Saturday, Feb 1 Buffet Lunch/Dinner

- 9:30 am Bus to Beaver Valley Mall
 12:00 pm Granny's Attic Annex - Patio Home 156 - Open until 2:30pm
 3:40 pm Bus to St. Ferdinand's Church
 7:00 pm Saturday Night Movie - **The Hundred-Foot Journey** - (PG) 2hr 2min



Please be sure to notify Donna when an activity or meeting is cancelled or when the date, time, or location has changed. She can be reached at extension 8462 or by email at fasone@sherwood-oaks.com

Coming Events



- Feb 2 Sunday Chapel Service - 2:00pm - Auditorium - Reverend Brian Janssen
- Feb 3 Monday Women's Bible Study - 10:45am - Chapel
- Feb 3 Monday Pitt Dental Health - Speaker: Michael Austin - 1:30pm - Auditorium
- Feb 4 Tuesday Sora Monthly Meeting - All Residents Welcome! - 1:30pm - Auditorium
- Feb 4 Tuesday Cranberry Veterinarian Visit - Sign-up Sheet in Mailroom
- Feb 6 Thursday Blackburn Scooter Clinic - 9:00am to 2:30pm - Gallery/Scooter Room
- Feb 7 Friday Crafting - 2:30pm to 4:30pm - Lower Level Craft Room
- Feb 8 Saturday Saturday Night Movie - 7:00pm - Auditorium - **Antwone Fisher** - (PG - 13) 2hr



Sunday, January 26, 2020 through Saturday, February 1, 2020

Dining Room Reservation # for Patio Homes: 8234

Dining Room Reservation # for Apartment Residents and 600 Patio Homes: 724-776-8234

Take Out and Home Delivered Meals - Patio Home Residents: 8236

Take Out and Home Delivered Meals - Apartment Residents and 600 Patio Homes: 724-776-8236

Vegetable of the Week:

Sunday	Buffet Lunch/Dinner	26	Thursday	Buffet Lunch/Dinner	30
Cream of Potato Soup	Crab Cake with Remoulade	Prime Rib au Jus	Chicken Forestiere	Chef's Feature - Sweet Pecan & Pumpkin Pancakes	
			Cream of Mushroom Soup	Angel Hair Pasta with Tomato Basil Sauce	BeWell Baked Flounder in Lemon Butter
			Sweet and Sour Chicken	Chef's Feature - Mediterranean Beef Sauté	
Monday	Buffet Lunch/Dinner	27	Friday	Buffet Lunch/Dinner	31
Beef Rice Soup	Vegetable Quesadilla with Avocado Mayonnaise	BeWell Roasted Garlic Chicken	Pork Osso Bucco	Chef's Feature - Langoustine Gumbo	
			Vegetable Barley Soup	Ham Loaf with Raisin Sauce	BeWell Seared Chicken w/Red Pepper Sauce
			Veal Cutlet Piccata	Chef's Feature - Blackened Steelhead	
Tuesday	Buffet Lunch/Dinner	28	Saturday	Buffet Lunch/Dinner	1
Beer Cheese Soup	Fried Catfish	BeWell Baked Stuffed Zucchini w/Apple Cous Cous	Creole Chicken Thighs	Chef's Demo - Steak/Sausage & Grits MTO	
			Chicken Florentine Soup	Tender Beef Tips in a Red Wine Sauce	BeWell Orange Chicken Stir-fry
			Steamed Mussels	Chef's Feature - Vegetable Egg Roll	
Wednesday	Buffet Lunch/Dinner	29	Regular Non-Holiday Dining Room Hours		
Hot & Sour Soup & Vegetable Won Ton Soup	Kung Pao Chicken	Szechwan Shrimp Stir-fry	Lunch Buffet: - Noon - 1 PM Mon. - Sat.		
Mongolian Beef	Chinese BBQ Ribs	Chef's Feature - January Birthday Night Menu	Sunday Brunch Buffet: 11:30 AM - 2 PM		
			Dinner: 5:00 PM - 7:00 PM		
			Café Sherwood:		
			Breakfast: Daily 8 AM - 10:30 AM		
			Lunch: Daily 11 AM - 5 PM		
			Dinner: 5:00 PM - 7:00 PM		



WEEKEND PHYSICIANS ON CALL
 Call the Community Nurse for assistance at 8496.
 Call 412-931-3066 for doctor on call information.

Please leave items for the Weekly Bulletin at the front desk **by Thursday** for Donna Fasone or call 8462, or email fasone@sherwood-oaks.com.

